FAMILY LIFE

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A MAN FOR EVERY WOMAN

If a woman does not marry, it is often her own doing. It's not due to the fact, as is sometimes alleged, that there aren't enough men to go around. There are enough men; but in many cases the woman does not try to meet them. More frequently, if she does meet them, she does not know what to do with them.

This is the thesis of Richard H. Klemer, whose new book, *A Man for Every Woman,* is certain to have wide popularity. He proves that there are enough men, then he tells convincingly, and in great detail, just what a girl must do to transform herself into a wife.

Tricks and glamour won't carry her far, Dr. Klemer insists. Too much reliance is placed on them. "Romance and marriage opportunities will come to you in direct proportion to (1) the quantity and quality of your desire to have dates and be married, (2) the flexibility of your personality in allowing you to change your ways of behaving, and (3) the extent to which you did—or will—learn how to interest men." The characteristics which have made some women very popular with men do not depend on an inborn advantage—they are learned; and any normal woman can learn them, he declares.

Actually, he continues, the real obstacle is almost always lack of motivation. "Generally one of three basic conditions in the single woman is accountable for her lack of motivation, although she can be affected by any combination of all of these:

1. Perhaps she is a victim of conditioned-in fears—fears of sex, of poverty, competition, disapproval, or anything and everything else.

2. Perhaps she was never taught to be independently loving. She doesn't know how to love, or at least, how to love anyone but her relatives or some inappropriate husband-substitute.

3. Or perhaps she acquired a non-marriage set goal—set while she was growing up. She may have learned not to want marriage, or to want something else more than marriage."

Of course there are some women who ought not to marry, for various cogent reasons. Dr. Klemer is not trying to argue them into making themselves and/or some husband miserable for life. He addresses the great majority of single women; the hundreds of

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thousands of normal, intelligent, well-educated women who through wrong environment, wrong attitudes instilled in them by their own parents or others, have been prevented from finding the happiness which they could, with the help of some man, create. Some of these men themselves are no bargain, especially at first sight when their real character may not be immediately apparent. Dr. Klemer, though agreeing that the creation of a few "types" is a vast over simplification, thinks that girls need to recognize the main types and deal with them skillfully. After all, he points out, most of the men who are really marriage-minded are already established in their own homes by the time a young woman of 25 or 30 begins to look around for a life partner. The ones who remain like herself, are persons who for one reason or another did not have a strong inner drive toward marriage. A large number of these men, he thinks, fall into one of three classifications:

1. The super-sex-salesman, often briefly classified as the wolf. Some of them are smooth, self-sufficient, sophisticated, and spoiled. Such a man, the author asserts, "can have almost any woman he wants for a brief period." Perhaps it might be said that there are innumerable women he couldn't have; but that he wouldn't want these!

2. The comfort-seeker. He's in a deep rut, which is sometimes described as "a grave with the ends knocked out." He lives at the Y.M.C.A. or in a bachelor hotel, spends his evenings at the bowling alley or public library. He feels that he's getting along perfectly well and doesn't want to have this self-centered existence upset.

3. The shy, retiring type, probably the most numerous of all as far as prospective husbands are concerned. He's afraid of people, socially inept, not a good mixer especially if there is a woman in sight; "he sticks so close to his work on the ranch or at the drawing board that you rarely see him."

To these never-married men might be added the very large number of divorced men seeking remarriage. Most divorcees want to remarry and will do so within two years after the termination of their first marriages. They include many persons who are not "good prospects;" the faults of personality and other defects that led them to fail the first time will also lead them to fail in a second attempt. Statistically, therefore, they have only half a chance of success in a second venture. Many of them will marry women who are also divorced. But in any case there are hundreds of thousands of them, and any matrimonially-inclined woman will certainly encounter some.

Those are the choices that confront the average single woman in her late twenties or early thirties. The prospect does not seem alluring. No wonder she gives up without trying. But even if the hills look rocky and barren, there's gold in them. She has to learn where to look for it, how to recognize it, and how to get it out. Much of the volume is given over to a realistic and practical description of the ways in which she should proceed; and nowhere will the seeker of this knowledge

find it presented so fully, on such a sound scientific foundation, and so ready for immediate application.

It is realistic to point out that the woman of 30 or over will have to make a much greater effort to marry than she would have had to make 10 years earlier. She is often dealing with the diffident and somewhat reclusive type of bachelor who has let the most marriageable years pass by. The author warns that a woman in such a position will have to learn temporarily to subordinate her own needs, at least in part, and pay more attention to learning and meeting the man's needs. This admittedly requires a good deal of knowledge. Dr. Klemer does not try to make it sound like an easy job, but suggests a fourfold program: studying one's self and then doing what needs to be done, counseling with qualified professional people, and finally getting into circulation and learning more about human relations by going where the sexes meet.

The book will serve as an invaluable guide for the many counselors who are called upon to help in this process. Indeed, it should be a great help to all those who are asked in any way to inform, advise or guide others. For if there is little direct and practical assistance accessible to the woman seeking a husband, there is even less available to the counselors.

For the past thirty years, The American Institute of Family Relations has been much concerned with the problems of "finding a mate." It has aided some thousands of women and many men, who came to it for this purpose. Dr. Klemer, who is associate general director of the AIFR is now in charge of this phase of its educational activities. His classes in "Social Effectiveness" have become widely popular.

The author, who is a social psychologist, has spent many years of research on his subject. His book is not an academic treatise however, it is a guidebook for the woman seeking to wed. If the woman of 30 is frightened by the information that she has only half a chance of marriage, Dr. Klemer reminds her that this means one out of two women at the age *will marry*—and she can be that one!—Paul Popenoe, Sc.D.

(A MAN FOR EVERY WOMAN, by Richard H. Klemer. Pp. 193, (no index), price $3.95 from the Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1959.)

Research Notes

CONCEPTION AFTER MENOPAUSE is very rare, but birth of a live child is still rarer, because most such conceptions terminate in spontaneous abortion, according to a survey by Edward S. Stanton of Cornell University. In pregnancies of older women (over 44 years of age) toxemias of pregnancy were three times as common as among younger ones. Birth of mongoloid idiots and of infants with congenital anomalies of various kinds was eight times as frequent as among women in their 20's. Dr. Stanton concludes that the woman who elects to have a child after the age of 44 runs great risks and her child runs even greater risks.

THE BACTERIUM that causes gonorrhea appears to be developing a resistance to penicillin. Reports say that 20% of 146 cases of service men treated in Korea were failures.

SAN QUENTIN inmates, about to be released, will now be provided with a twice weekly consultation on what to expect from their spouses on re-entering home life. Six meetings with their wives will be planned over a three-month period.

ALL THE YEARS. A filmstrip narrated by Aline McMahon on the subject of aging. Black and white, 15 min., 72 frames, with record and script. Price $9.00 from Leo Seltzer Associates, Inc., 368 E. 69th st., New York 21, N.Y.

SOME 528 teenagers from Western Ontario, Canada, recently met and passed a resolution calling for qualified and intelligent sex education in schools.

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Around the World

WORLD POPULATION was about 2,795 million in mid-1957. Asia had 1,556 million; Europe, 414 million; North and South America, 381 million; Africa, 225 million; Oceania, 15 million. The U.S.S.R. is not included in any of these figures. *U.N. Review (May 1959).*

SOUTH AFRICAN NATIONAL COUNCIL FOR MARRIAGE GUIDANCE AND FAMILY LIFE now has centers in eight cities. General headquarters are in the Welfare House, 168 Fox st., Johannesburg, S.A. Divorce rate of the country has increased 500% since 1915, although it is still only about one-half that of the U.S.A.

EARLY MARRIAGE is followed by a disproportionate number of divorces in England as well as in the United States, according to a survey of the vital statistics of 1957 by the Registrar General. For each 1000 married women there were, within 20 years after marriage, 19 divorces for brides who married under 20, 10 for brides who wed at ages 20-25, and 7 for those who went to the altar at ages 25-30.

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Educational Notes

DAVID MACE has become associate professor of family study at the University of Pennsylvania and will also be staff consultant for the Marriage Council of Philadelphia, which is associated with the University's department of psychiatry. Dr. Mace has for nearly ten years been professor of human relations at Drew University and prior to that was largely responsible for establishing and building up the National Marriage Guidance Council in England.

MINNESOTA FAMILY STUDY CENTER, directed by Reuben Hill, is operating with an $85,000 grant from the Hill Family Foundation to underwrite its costs for the first five years. It offers special facilities for inter-divisional research and training to graduate students at the University of Minnesota.

HOMEMAKER SERVICES in New Jersey are now available to more than half the state's population. In the past five years, some 600 homemakers have been trained and twelve such services have been established. *Public Health Reports* (May 1959).

THE STANDARD FAMILY COURT ACT is the title of a model State legislation that would abolish separate juvenile and domestic relations courts and establish family courts as new divisions of existing courts of high jurisdiction. The new act was developed by the National Probation and Parole Association with the cooperation of the Children's Bureau and the National Council of Juvenile Court Judges.

NEW BOOKS IN BRIEF REVIEW

A MODERN APPROACH TO MARRIAGE COUNSELLING, by W. L. Herbert and F. V. Jarvis. Pp. 136 (no index), price 10 s. 6 d. from Methuen & Co., 36 Essex st., London WC 2, England, 1959.

Whatever else it is, this well-written little book is not a modern approach to marriage counseling, but an outdated one. The authors, both probation officers, give an excellent picture of a plan of counseling that deals primarily with the individual and attempts to help him get insight into the nature of his problems. This is a time-honored procedure, growing out of Sigmund Freud's work, and it assumes that insight will produce action. So far as practical and effective marriage counseling is concerned, this has not been found to be an adequate working plan. As psychoanalyst Franz Alexander pointed out a decade and more ago, insight is not very likely to produce action, but action will probably produce insight. It is action, not insight, that will enable him to solve his problems. If this action is, in turn, centered on the strengthening of the marriage, one will have a modern (and generally effective) approach to marriage counseling. There is little suggestion in this book of what the counselor can do to recognize what action a marriage needs in order to get into successful functioning. On the contrary, the counselor is warned not to attempt to supply the information, guidance, and motivation that are obviously necessary. The client must supply those for himself. Unfortunately it is all too obvious, in most cases, that the client would not need any help, he would not be a client, if he were able to do this! The authors have many good suggestions about receiving the client, about interviewing, about record-keeping and the like. Anyone concerned with helping people who are in trouble can read the book with pleasure and profit. But it would be unfortunate if their point of view were accepted as an adequate picture of how marriages can be strengthened.

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NEW TECHNIQUES IN BRIEF PSYCHOTHERAPY, by Vance K. Boileau, Ph.D. Psychological Reports, Monograph Supplement 7, 1958. Pp. 627-645, price $1.00 from Editor, Psychological Reports, Box 1441, Missoula, Montana.

Dr. Boileau's new, brief approach to psychotherapy stems from the basic assumption that the neurotic process in the client is his best (but unacceptable) effort to express feelings that represent basically normal needs. The emotionally sick person, Dr. Boileau points out, is striving for gratification in circuitous, self-defeating ways. He does this because experience has made a direct normal expression of his needs dangerous. The way toward emotion health, therefore, is to continually demonstrate to the patient that neurotic expressions are (at least at certain levels of abstraction) the same as normal expressions. To do this the therapist helps the patient to see how legitimate his needs and complaints are, and consequently restores self-esteem, reduces anxiety and makes unnecessary his symptomatic behavior. It is the author's contention that the patient's human needs are always the same and that the therapeutic process should

focus upon finding and expressing these needs. Dr. Vance Boileau is one of the marriage counselors at the American Institute of Family Relations and a clinical psychologist.—Richard H. Klemer, Ph.D.

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DESIGN FOR CHRISTIAN MARRIAGE, by Dwight Hervey Small. Pp. 221 (no index), price $3.50 from Fleming H. Revell Co., Westwood, N.J., 1959.

Dr. Small, pastor of the Warren Park Presbyterian Church, Cicero, Ill., develops this book from lectures he gave at Wheaton College. It is a thoroughgoing exposition of the requirements and possibilities of marriage and family life on a Protestant Christian foundation. It covers far more than the Scriptural approach, however, being up to date on many of the important areas of recent sociological and psychological research.

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THE ADOLESCENT THROUGH FICTION, A Psychological Approach, by Norman Kiell. Pp. 345, price $5.00 from International Universities Press, Inc., 227 W. 13th st., New York 11, N.Y., 1959.

Dr. Kiell has made a real contribution to the field of literature which is aiding professional workers, parents, teachers and others to understand the adolescent and his many problems. His idea of writing two books in one is unique. One is taken from the field of adolescent psychology and adolescent growth and development: The other from contemporary fiction which serves to illuminate these principles. The fiction selection has been unusually well done. For a long time it has been known that our best story tellers or fiction writers have great psychological and sociological insight. One sees quotations here and there, but probably no one has structured the use of these insights around a particular theme as has Dr. Kiell. A good reference list follows each chapter and the splendid bibliography is an invaluable section. The author is a faculty member at Brooklyn College and a student counselor as well.—Robert S. Hicks, Pd.D.

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PSYCHOLOGY AS APPLIED TO NURSING, by Andrew McGhie. Pp. 238, price $4.50 from Williams and Wilkins, Baltimore, Md., 1959.

Intended primarily for nurses in training in British hospitals, this excellent book attempts to demonstrate some of the findings in psychological investigations of human behavior from infancy to old age. It is aimed at helping the nurse acquire some appreciation of the psychological factors at play when illness requires separation from home and family. It would be particularly good for those nursing schools that do not require university prerequisites of study. And it is also excellent as a review for older nurses who were not offered any training in human relations or the newer approach to psychosomatic illnesses. The book is clearly and simply written and could be read profitably by both parents and oldsters.—Elizabeth Bond, R.N.

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MATERNITY, A Guide To Prospective Motherhood, by Frederick W. Goodrich, Jr., M.D. Pp. 130, price $1.75 from Prentice-Hall, Inc., Englewood Cliffs, N.J., 1959.

For those who read and run at the same time, this is a good book. It is condensed to the barest essentials, but these are adequately covered. There are more than four pages on the psy-

chology of labor, a neglected aspect in other volumes. Dr. Goodrich's point of view on false labor is the only one I have encountered that holds up under the test of experience. Furthermore, he mentions "contractions" not "pains" and explains what can be done to prevent their becoming uncomfortable. "Natural childbirth" is also excellently discussed. His material on posture is definitely superior to most. His coverage of the Rh factor and German measles, very reassuring. His suggestions on anesthetics are refreshingly different. Perhaps the weakest material is that on breast feeding, about which Dr. Goodrich is neutral. On the whole this little volume is sound, thoughtful and progressive. It's certainly well worth the time required to read it.—Mary Jane Hungerford, Ph.D.

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YOUR MIND CAN MAKE YOU SICK OR WELL, by Curt S. Wachtel, M.D. Pp. 244, price $4.95 from Prentice-Hall Inc., Englewood Cliffs, N.J., 1959.

Mental stress can make you sick. Indeed, eighty percent of all illness is psychic in origin, says Dr. Wachtel. Such disorders as skin eruptions, gastro-intestinal upsets, and circulatory troubles may, in many cases, be caused by inner mental conflicts. According to the author, the conflicts arise because the intellect of the individual responds incorrectly to an emotional situation. The intellect, he adds, can reverse the process — if you think straight, you can make yourself well again. To this end, Dr. Wachtel shows the reader how to analyze his life. He then prescribes some simple ways to attain better mental health. At times the author becomes inappropriately philosophical, but the book is still a very readable account. It will be especially helpful to those shy of seeking psychosomatic treatment. — Yvonne Hessler, M.S.

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BIRTH CONTROL AND CATHOLIC DOCTRINE, by Alvah W. Sulloway. Pp. 257, price $3.95 from Beacon Press, Beacon Hill, Boston, Mass., 1959.

Mr. Sulloway is a lawyer who examines the Roman Catholic position on contraception as it is set forth in the Church's own statements. He considers that the Church has run head on into a logical cul-de-sac of its own creation. He believes the Church's acceptance of the "rhythm" has made its previous position difficult to maintain; and of course believes that it should be changed. The book is full of interesting information, but it may be suspected that it will be most convincing to those who were convinced in advance.

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MODERN SCIENCE AND THE HUMAN FERTILITY PROBLEM, by Richard L. Meier. Pp. 263, price $5.95 from John Wiley & Sons, 440 Fourth ave., New York 16, N.Y., 1959.

Next to war, the greatest deterrent to economic development in the poor parts of the world is population growth, says Dr. Meier, and he documents this conclusion abundantly, then discusses the various means of contraception, the difficulties in the way of their adequate use, and the possibilities of finding and disseminating better methods. He adds a great deal of other information and speculation to a thought-provoking book. The author is a chemist by training but now giving his time to research in mental health, at the University of Michigan.

FAMILY AND CLASS DYNAMICS IN MENTAL ILLNESS, by Jerome K. Myers and Bertram H. Roberts. Pp. 296, price $6.95 from John Wiley & Sons, 440 Fourth ave., New York 16, N.Y., 1959.

Studying 100 psychiatric patients and their families in New Haven, Conn., the authors conclude that mental disease hits harder and more frequently in the "lower" class levels than in the upper, and that it is more frequent in parts of the population with the greatest mobility. A great deal of valuable information about family life is presented. Dr. Myers is a Yale sociologist and the late Dr. Roberts was assistant professor of psychiatry at the same university.

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A NEW DESIGN FOR LIVING, by Ernest Holmes and Willis Kinnear. Pp. 236, price $3.95 from Prentice-Hall, Englewood Cliffs, N.J., 1959.

Solid inspirational book by the founder in Los Angeles of the world-wide Church of Religious Science and one of his collaborators who edits the monthly *Science of Mind* magazine.

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ADVANCES IN PSYCHIATRY, ed. by Babel Blake Cohen. Pp. 314 (no index), price $4.95 from W. W. Norton Co., 55 Fifth ave., New York 3, N.Y., 1959.

Reprint of 15 articles that have been published in the last 20 years in *Psychiatry: journal for the study of interpersonal processes.* This journal is particularly concerned with "that zone where psychological, biological, and social sciences come together," and the articles are well written. How far they describe real or important advances in psychiatry must be left to the judgment of the specialist. The ordinary interested reader will find little that is new to him.

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FIVE FAMILIES, by Oscar Lewis. Pp. 350 (no index), price $5.50 from Basic Books, 59 Fourth ave., New York 3, N.Y., 1959.

"The anthropology of poverty" is illustrated in this portraits of the lives, customs, and emotions of Mexican families. Dr. Lewis of the University of Illinois has long specialized in first-hand study of Mexican culture, and this account is as interesting and readable as it is sound and scientifically conceived.

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ADVENTURES WITH CHILDREN, by Elsa Barnouw and Arthur Swan. Price $3.75 from Thomas Y. Crowell Co., 432 Fourth ave., New York 16, N.Y., —The price of this book was erroneously stated as $2.50 in our review in the June issue.

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VIRGINITY: pre-nuptial rites and rituals, by Ottokar Nemecek. Pp. 129 (no index), price $4.00 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1959.

A scrapbook of information, speculation, and comment, apparently based on a work published in Austria. Dr. Nemecek too often falls into the class of pseudo-scientific, as in this sample: "While the instinct of detumescence *(Havelock Ellis)* of the mobilized sperm incites the male to activity and aggression, whereby his behavior is overstrained by emotionalism and frequently leads him astray, the female, thanks to her 'placid ovum rotating in its orbit', is in her sexual life predestined to assume a waiting and expectant attitude."

HOW TO USE TACT AND SKILL IN HANDLING PEOPLE, by Paul P. Parker. Pp. 186 (no index), price $3.95 from Frederic Fell, 386 Fourth ave., New York 16, N.Y., 1959.

Good specimen of the inspirational type of "make friends and influence people" literature. This one does not stand out very prominently from a dozen others in the same category, but all of them carry information that ought to be widely known and used. Dr. Parker is a popular lecturer who trains personnel for large corporations.

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101 BEST NATURE GAMES AND PROJECTS, by Lillian and Godfrey Frankel. Pp. 128, price $2.50 from Sterling Pub. Co., 419 Fourth ave., New York 16, N.Y., 1959.

Interesting and valuable handbook for children of 6 to 12, or for their parents.

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ADVENTURES IN PARENTHOOD, by W. Taliaferro Thompson. Pp. 155 (no index), price $2.50 from John Knox Press, Box 1176, Richmond 9, Va., 1959.

Christian family living described by a long-time teacher at Union Theological Seminary and at the (Presbyterian) General Assembly's Training School in Richmond, Va. ●

Other Books Received

THIS IS LIFE, by John R. Brokhoff. Pp. 126 (no index), price $2 from Fleming H. Revell Co., Westwood, N.J., 1959.

THE IMPROVEMENT OF VOICE AND DICTION, by Jon Eisenson. Pp. 302, price $4.75 from Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1959.

MAN'S WAY: a preface to the understanding of human society, by Walter Goldschmidt. Pp. 253, price $4 from The World Pub. Co., 2231 W. 110th st., Cleveland 2, Ohio, 1959.—Review of social and cultural anthropology.

NATURAL CHILD REARING, by Eve Jones. Pp. 288, price $4.95 from Free Press, Glencoe, Ill., 1959.—Detailed discussion from a strongly Freudian point of view.

THE PRESENTATION OF SELF IN EVERYDAY LIFE, by Erving Goffman. Pp. 255, price 95c from Doubleday Anchor Books, Garden City, New York, 1959.—Human beings and the roles they play in society.

SMALL-GROUP DISCUSSION IN ORIENTATION AND TEACHING, by Randall W. Hoffman and Robert Plutchick. Pp. 168, price $4 from G. P. Putnam's Sons, 210 Madison ave., New York 16, N.Y., 1959.

WHAT DR. SPOCK DIDN'T TELL US, by B. M. Atkinson jr. Pp. 72, price $2.50 from Simon & Schuster, 630 Fifth ave., New York 20, N.Y., 1959. —Humor.

PSYCHOLOGY OF RELIGION, by Paul E. Johnson. Revised and enlarged, Pp. 304, price $5 from Abingdon Press, Nashville 2, Tenn., 1959.

COMPLEX ARCHETYPE SYMBOL in the psychology of C. G. Jung, by Jolande Jacobs, tras. by Ralph Manheim. Bollingen series LVII. Pp. 230, price $3 from Pantheon Books, 333 Sixth ave., New York 14, N.Y., 1959.

MARY AND THE SEVEN BOYS, a story of the heroic people of Holland under Nazi occupation, by Joan Speakman. Pp. 63, price $2.75 from Greenwich Book Publishers, 489 Fifth ave., New York, N.Y., 1959.

THE MANAGEMENT OF TIME, by James T. McCay. Pp. 178, price $3.50 from Prentice-Hall, Englewood Cliffs, N.J., 1959.

Family Casework

Family Service Association of America at its annual meeting reported 286 member agencies which help more than a million people a year with their family problems; but 92,000,000 Americans were reported to be not within reach of such help. Salaries of caseworkers have been increased until the average is now $5,354 per year, but many agencies are unable to find enough qualified workers to fill staff positions, and they are forced to make greater use of part-time workers. More than a third of the agencies maintain waiting lists, and applicants for help may have to wait for a few weeks or as long as a year. Three-fourths of the agencies collect fees from clients when possible, but such income represents less than 2% of total budgets, more than 90% coming from Community Chest contributions. Some use is now being made of group counseling, and 38% of member agencies offer family life education programs of various kinds. Many special services are being developed: one-third of the agencies provide homemaker service, and an even larger number concern themselves with adoption and foster home placement. Annual budget of the national organization is around $600,000 of which two-thirds represents dues paid by the member agencies; most of the remainder comes from the sale of technical and professional publications.

Inexpensive Pamphlets

MONOLOGUES FOR GROUP DISCUSSION, Volume II, by Judith Menken. Price 50c from Guidance Center, 81 Centre ave., New Rochelle, N.Y. Three playlets dealing with children at different stages of growth.

THE GIFTED CHILD: ANOTHER LOOK. Pp. 66, price $2.00 from California Elementary School Administrators Association, 693 Sutter st., San Francisco, Calif.

YOU ARE NOT ALONE, by Lawrence J. Linck. Pp. 32, price 25c from Publications Section, National Society for Crippled Children and Adults, 2023 W. Ogden ave., Chicago 12, Ill. A guide to sources of care and treatment for parents of crippled children.

WOMAN: her role in the home, church and community, by Mary Josephine Huth. Pp. 24, price 10c from The Queen's Work, 3115 S. Grand blvd., St. Louis 18, Mo.

NEW FACTS ABOUT BIRTH CONTROL, by Alan F. Guttmacher, M.D. and Joan Gould. Pp. 20, price 25c from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y.

WMHY the World Federation for Mental Health has designated 1960 as World Mental Health Year.

Notes from the AIFR

DR. AND MRS. PAUL POPENOE went to Princeton, N.J. for the wedding on July 18 of their fourth son, David, to Miss Katharine Sasse, daughter of Rev. and Mrs. Lewis Sasse of Tucson. David received his Master's degree in city planning at the University of Pennsylvania last year and since then has been employed by the city planning commission of Newark, N.J. He and his bride are going to Europe for a honeymoon and to see more of city planning over there. David will then return to the University of Pennsylvania on a teaching fellowship to complete his work for the Ph.D.

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The American Institute of Family Relations resulted from the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful family life. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

It helps young people to prepare for marriage, aids those already married to solve their problems of adjustment, and deals with a wide range of problems in the fields of sex, heredity, love, marriage, and parenthood. The Institute now has a staff of over sixty well qualified, trained counselors at the Los Angeles headquarters.

Through lectures, conferences, discussion groups and publications (some of which are listed on the next page) the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. The Institute has a regular schedule of counselor training classes and workshops, in the principles, techniques, and materials of counseling which makes the experience of the Institute available to qualified counselors in all parts of the world.

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The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

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The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

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led by experts from the Institute's staff, are available to any community which is seeking to strengthen family life. Informal lectures and discussions on preparing for marriage, marital problems, parent-child relationships, preparing for retirement, social and business relationships, and other vital matters, provide an opportunity for many people to think and work together in an informal and stimulating atmosphere. These conferences, of one two, or three days, have been highly successful wherever they have been held.

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